

DEALING WITH EXAM STRESS



Session outcomes



Recognise what exam stress
is and where it comes from



Understand why we get
exam stress



Develop awareness of your
own unique stress response



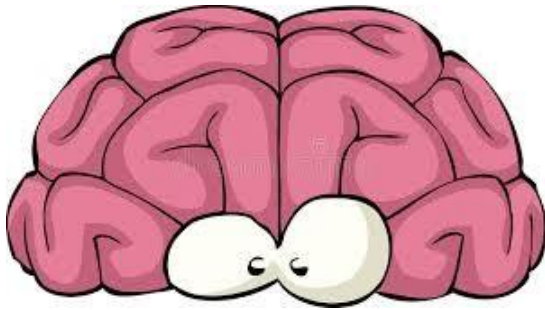
Learn strategies to manage
stress

Agree/disagree?

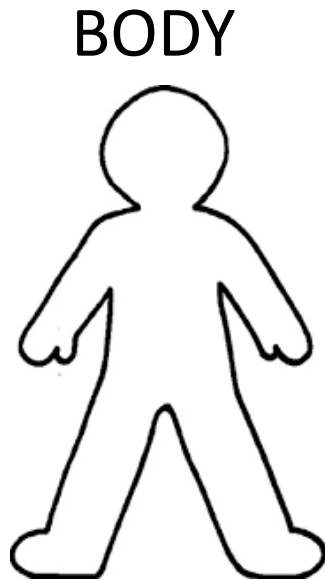
**STRESS IS
GOOD FOR
YOU**



What does stress look like?

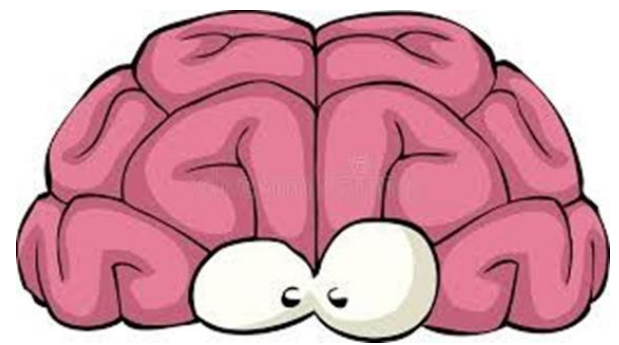


MIND



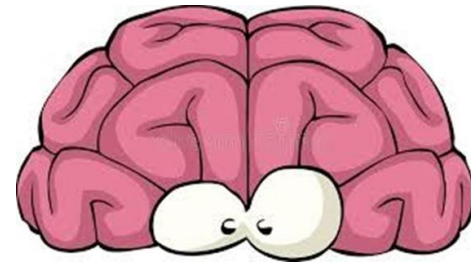
BEHAVIOUR

My stress beaker



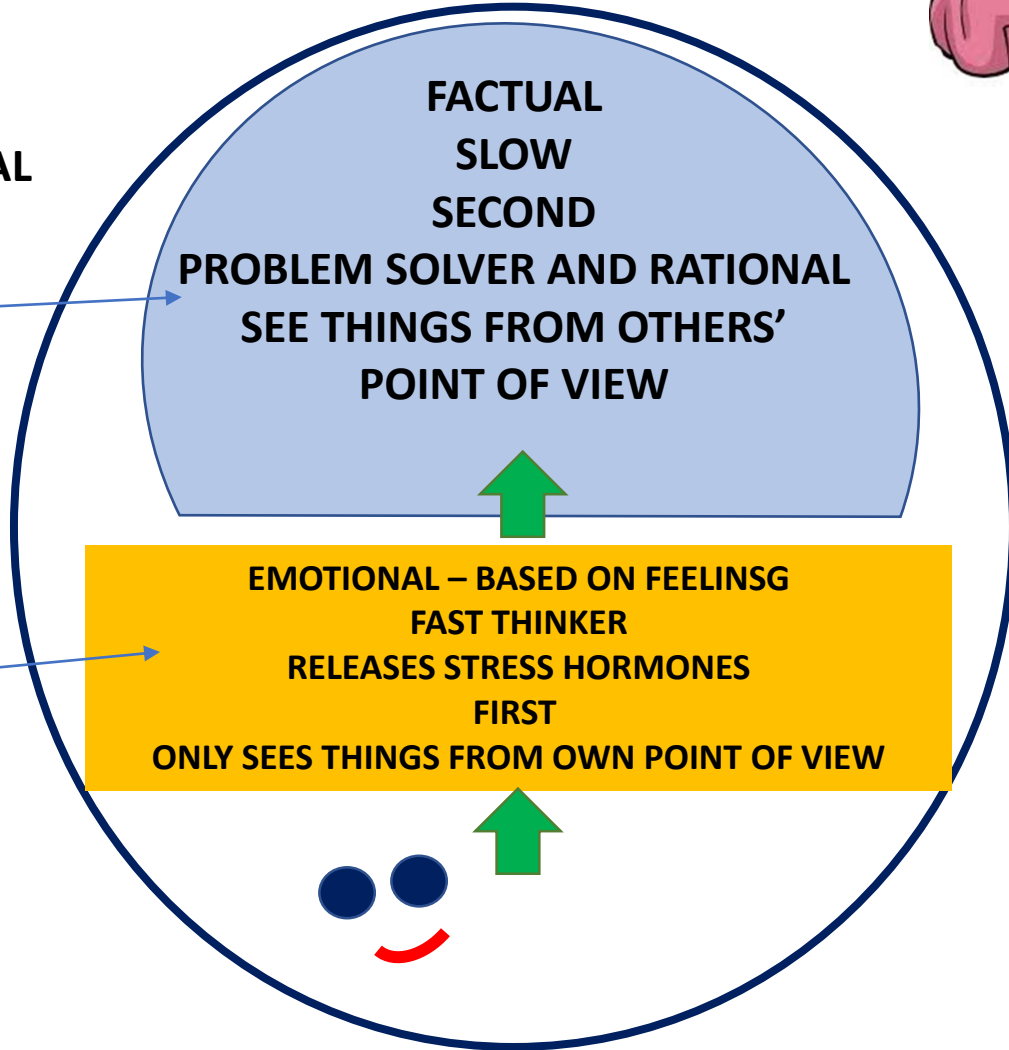
How I respond
to things
happening
around me





**PRE-FRONTAL
CORTEX**

AMYGDALA



IF I REVISE
AND DO MY
BEST, THEN
I'LL DO AS
WELL AS I CAN

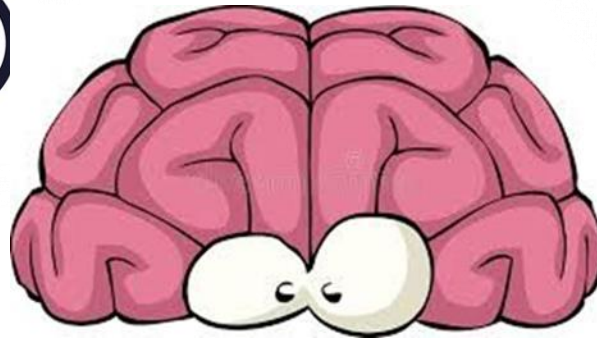
PFC

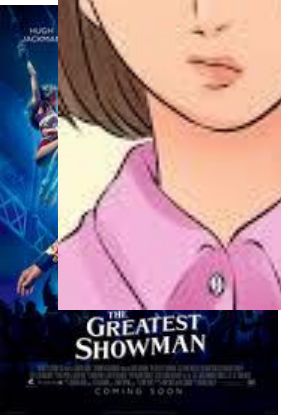
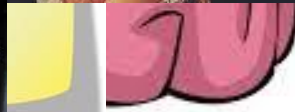
ARGH! IT'S
TOO
HARD. I'M
GOING TO
FAIL

A

I'LL FORGET IT
ALL AND FAIL
AND END UP
JOBLESS

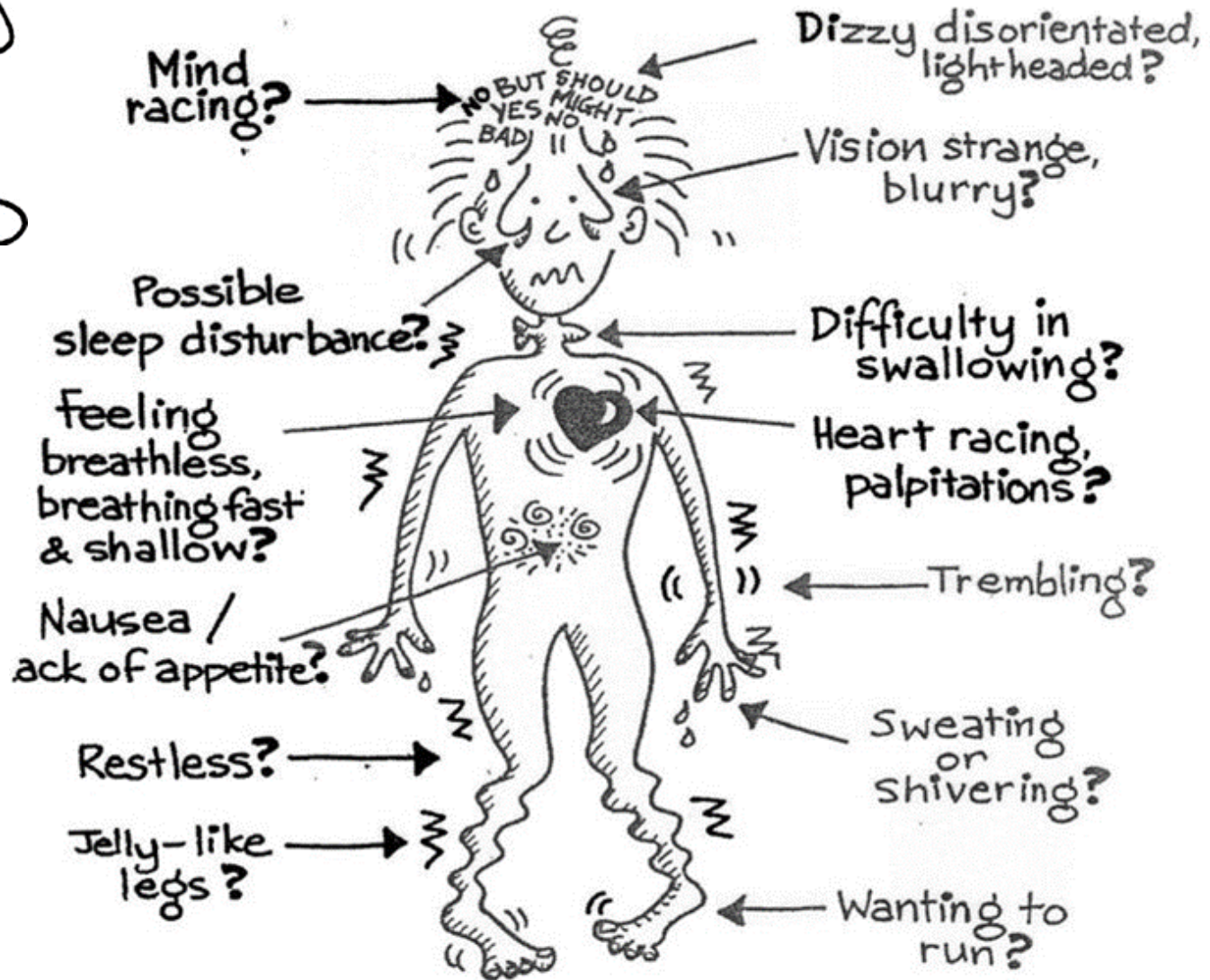
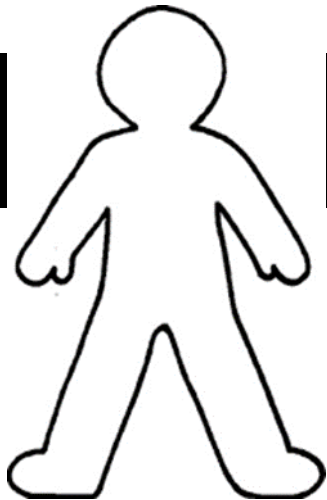
A





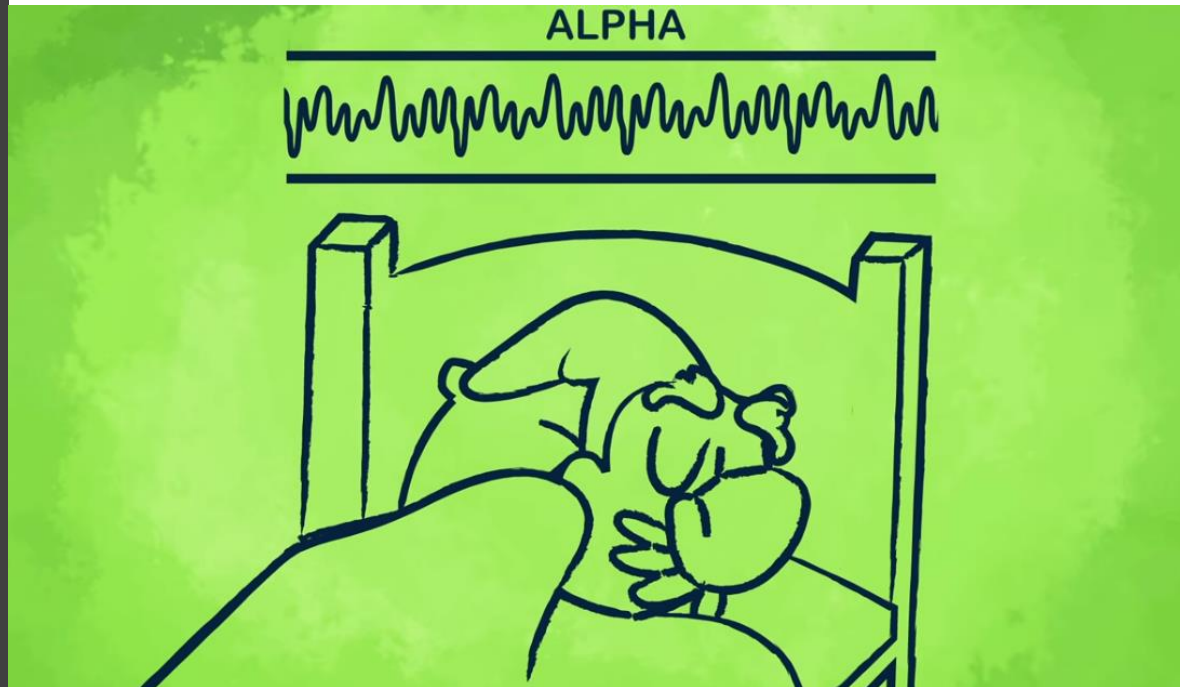


How stress affects the body



The importance of sleep

<https://www.youtube.com/watch?v=WpkfMuXJnWI>



The Importance of Sleep

A lack of sleep affects our:

- decision-making skills
- memory
- thinking
- ability to recall information
- concentration
- alertness
- ability to respond helpfully
- reaction times
- tolerance of others



How can we improve our quality of sleep?

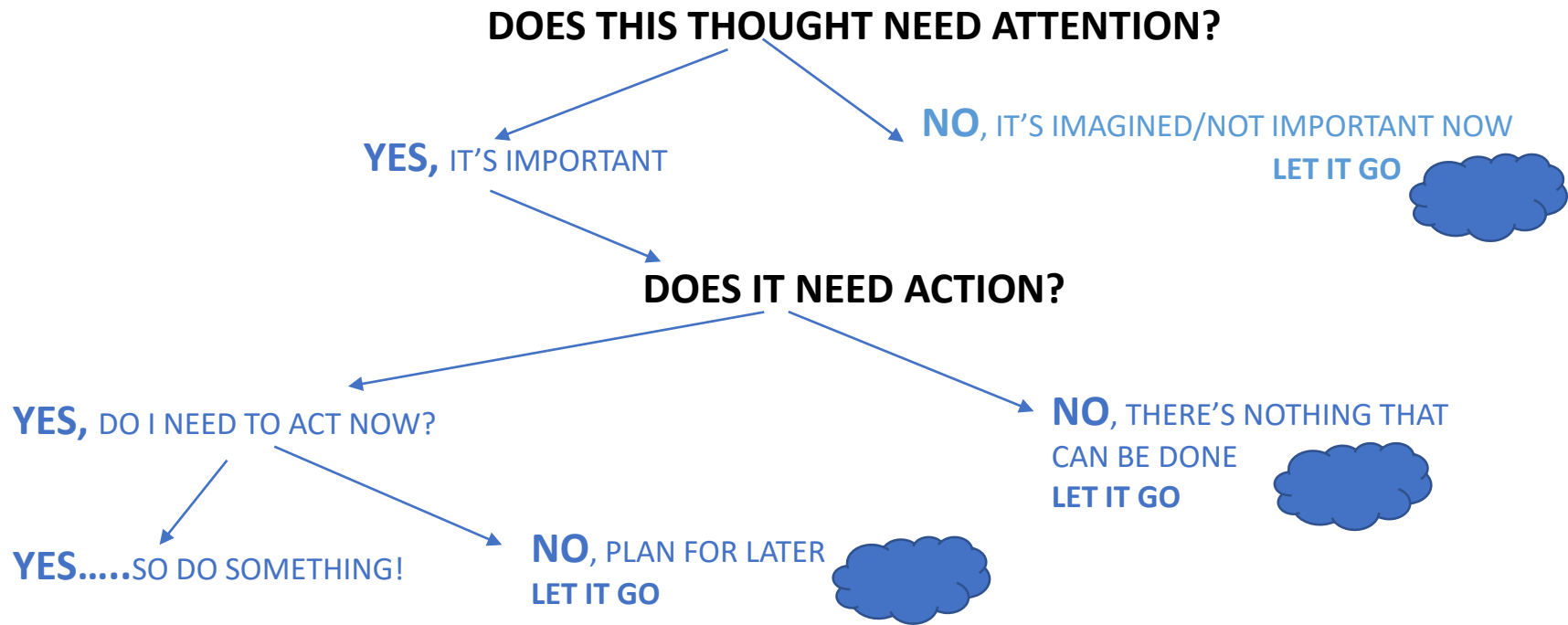
- Create a relaxing routine so your mind knows it's bedtime - free from screens, sugar and caffeine. Take a bath, drink milk/cherry juice.
- **Keep** to the routine, i.e. avoid lengthy lie-ins on weekends or sneaking in a last minute phone peek
- Your bed is for sleeping – not for revision
- Give your head some space close to bed time so that it can 'wind down'
- Avoid screens close to bedtime – they mess with your drowsy chemicals and may trigger difficult emotions (e.g. seeing a social media post/message)
- Try to exercise in the day to naturally tire you out
- Allow enough time after dinner so your body won't be busy digesting food
- Have a book by your bed to write down any thoughts 'buzzing' around your head. They don't need your attention right now.
- Use Mindfulness apps or mp3s or white noise to help calm your thoughts

Mindfulness

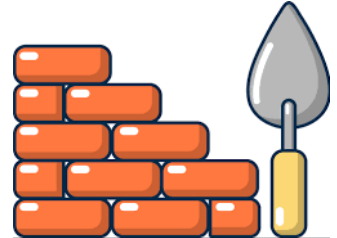


Stress is just a protective thought

IT WON'T STOP ARRIVING...IT JUST NEEDS MANAGING



Foundations for good mental health (less stress)



Sleep well



Eat and hydrate well



Exercise well



Have fun

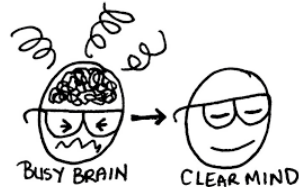
Take time out



Get organised



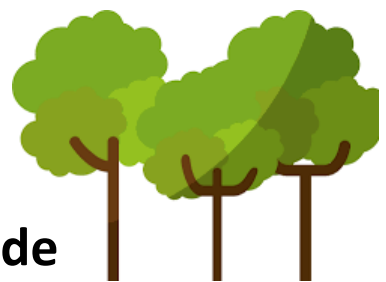
Pay attention only to what you need



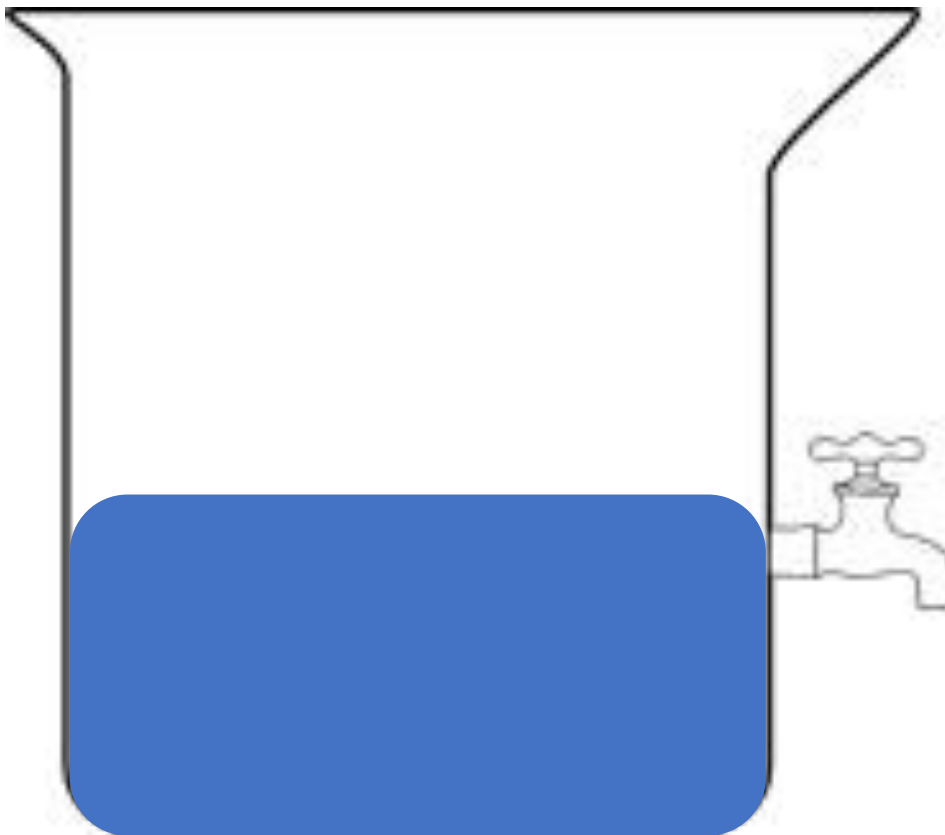
Be grateful



Get outside

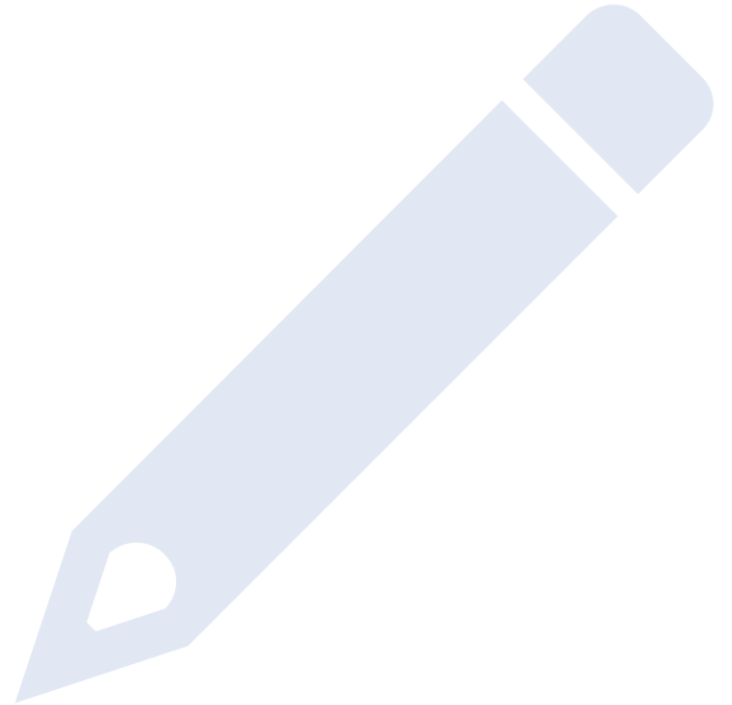


My stress beaker – how can I release the stress?





Plan your Revision



It is recommended that you:

Plan how much time you will actually have to revise

Divide this time up between your subjects

Allow more time to the subjects you need to work harder at

Consider what percentage of each subject is assessed on the exam (e.g., maths is 100% whereas other subjects are only 40%)

Make sure you're devoting enough time to your core subjects.



5. Stick to the plan!

